

IMPAIRED DRIVING PREVENTION

Alcohol is the most commonly used addictive substance in the United States. About 17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems.

More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol. Yet, for many people, the Facts about Alcohol and Alcoholism are not clear. Nearly 88,000 people (approximately 62,000 men and

26,000 women) die from alcohol related causes annually, making it the third leading cause of death in the United States. In 2012, alcohol-impaired-driving fatalities accounted for 10,322 deaths 931 percent of overall driving fatalities.

If you think you may be struggling with an addiction to alcohol, or if drinking interferes with your work and/or relationships, visit the DAPA, Substance Abuse Rehabilitation Program located at your base's clinic or military treatment facility.

EARN RANK - NOT A REPUTATION

DRINK RESPONSIBLY TO KEEP WHAT YOU EARN

You've worked hard for your career as a Sailor. Only one-third of 17 to 24 year olds in the United States are even eligible for Navy service, and even fewer are capable of enduring the physical and emotional challenges of being a Sailor. From boot camp to advancement exams, job training and deployments, you have conquered them all through hard work, sacrifice and dedication. Making responsible drinking choices is an extension of that dedication. Just one bad decision while drinking alcohol can jeopardize everything you've earned. Sailors involved in alcohol related incidents face serious consequences, including:

- Loss of rank, rate or pay
- Separation from the Navy
- Civilian consequence.

Irresponsible drinking not only threatens your health and career, it threatens the Navy's ability to be mission-ready.

No Alcohol



QUOTE OF THE MONTH:

*It takes less time to do a thing right,
than it does to explain why you did it
wrong.*

- Henry Wadsworth Longfellow



Have a Merry Christmas & a Happy New Year!

12 WAYS OF DRINKING RESPONSIBLY DURING THE CHRISTMAS HOLIDAYS

There are many ways you can drink responsibly and spread good cheer during the holidays. Here are some ideas for 12 Days of Christmas and drinking responsibly for good will to all men and women:

Here are some ideas:

1st Way – Make a game plan.

- Don't drink with those encouraging binge drinking.
- Don't go out with people who have bad reputations.
- Go out with people you can rely on.
- Drink when you are of legal age

2nd Way – Have a Buddy System.

- A buddy will keep out of trouble
- This buddy will tell you when you had enough.
- Don't abuse the buddy system.

3rd Way – Know your limits.

- Pace yourself and know your own limit.
- Set your limits discreetly
- Adopt a steady & slow pace to know your tolerance.

4th Way – Know how you're getting home.

- Know the game plan for getting home before you drink.
- Have a designate (sober) driver.
- Pay for a cab; never drink & drive drunk.

5th Way – Don't drink if you're not in a positive frame of mind.

- Only drink when you are happy and not stressed.
- Don't ever use drinking to deal with your problems.
- Don't go out & drink when you are mad at someone.

6th Way – Don't drink on an empty stomach.

- If you haven't eaten, order a quick bite before you drink.

7th Way – Don't mix prescription drugs with alcohol.

- Read the label for any warning signs.
- Check with your doctor to see if you drink with your meds.

8th Way – Don't drink if you haven't had much sleep.

- Don't think having a super dose of caffeine make it better.
- Get plenty of rest to feel better before drinking alcohol.

9th Way – Have no more than 1 drink per hour.

- One drink means one 12oz beer, one 5oz glass of wine, or 1.5oz shot of 40% alcohol per hour.

10th Way – Avoid drinking games.

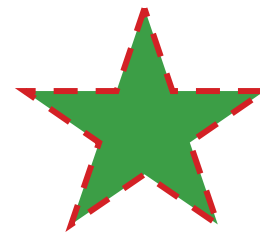
- They encourage binge drinking.
- Guaranteed to make you lose control

11th Way – Avoid Peer pressure.

- Drink to enjoy and not show off.
- Never try to keep up with the other guy.

12th Way – Stop drinking if you feel drunk.

- Symptoms of intoxication include feeling a loss of control, blurry vision and slurred speech.



SIGNS YOU MAY BE DRINKING TOO MUCH

- Not having control over the amount of alcohol you consume
- Alcohol negatively affecting your work and/or relationships with others
- Poor judgment and risk-taking
- Confused thinking
- Difficulty remembering details or events
- Slow reaction time and reflexes
- Distorted vision and blackouts



3 TIPS TO DRINK RESPONSIBLY EVERY TIME:

- Plan ahead for a safe ride home
- Don't try to "keep up" with others
- Know your limit, before you get there



Drink Responsibly, Drink Smart, Stay Vigilant

Safe Toys & Gifts Month

“Prevent Blindness America” has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give their children is suitable for their age and individual skills, **especially for infants and children under age of three.**

According to the U.S. Consumer Product Safety Commission, in 2011, hospital emergency rooms treated an estimated 262,300 children for a toy-related injury. That’s 718 kids every day in which more than a third of those injured were children ages 4 and under. In 2010, an estimated 251,700 toy-related injuries occurred throughout the United States and of those 72% were to people less than 15 years of age. Additionally, in 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets.

When it comes to toys and gifts, the excitement and desire to get your children their favorite toys may cause shoppers to forget about safety factors associated with them. Before you make these purchases, it is critical to remember the safety and age range of the toys.

GUIDELINES FOR CHOOSING SAFE TOYS FOR ALL AGES

- Inspect all toys before purchasing.
- Avoid those that shoot or include parts that fly off
- The toy should have no sharp edges or points
- When purchasing *toys for children with special needs* try to:
 - Choose toys that may appeal to different senses such as sound, movement, and texture;
 - Consider interactive toys to allow the child to play with others;
 - Think about the size of the toy and the position a child would need to be in to play with it.
- Be diligent about inspecting toys your child has received.
- Assure the toys have passed a safety inspection (ATSM)
- Sports equipment should always have protective gear
- Keep kids safe from **lead in toys**
- Do **NOT** give toys with small parts.
- Do **NOT** give toys with ropes and cords or heating elements.
- Do **NOT** give crayons and markers unless they are labeled “nontoxic”.
- Consider your child’s age when purchasing a toy or game
- It’s worth a second to read the instructions and warning labels.
- Check to make sure there aren’t any small parts or other potential choking hazards.
- Keep a special eye on small game pieces that may be a choking hazard for young children.



Be Wise For The Holidays



Keep Kids Safe

TOYS ARE TONS FUN FOR KIDS; THINK SAFETY AND HAVE A BLAST

THE GREAT AMERICAN SMOKEOUT

The American Cancer Society has designated the third Thursday of November as the Great American Smokeout (GASO) each year by encouraging smokers to use this date to make a plan to quit, or to plan in advance and quit smoking that day.

This year US Naval Hospital Health Promotion observed the GASO by holding smokeout events at 5 locations simultaneously: Kinser BMC, Hansen BMC, Schwab BMC, Bush BMC, and the USNH Pharmacy Lobby.

The Health Promotion staff along with volunteers, pharmacy representatives and hospital corpsmen encouraged smokers to quit for a day.

By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.



Above: Bobby Rowe, Kimberly Liang and Eneida Parker Kicked off the Great American Smoke Out in the Pharmacy Lobby

Be Smart and Take your life Back

Below: Mrs. Eneida Parker gets Marines to pledge and give up their tobacco product for one day during the GASO.



Take Your Life Back and Join the Great American Smoke Out

Peach-Berry Frozen Dessert (9 Servings)

Ingredients:

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1, 8-oz. package fat-free cream cheese, softened

2, 6-oz. cartons, peach fat-free yogurt with artificial sweetener

½, 8-oz. container frozen, light whipped dessert topping

1 cup chopped, peeled fresh peaches; frozen unsweetened peach slices, thawed, drained, and chopped; or one 8-¼ oz. can peach slices (juice pack), drained and chopped

1 cup fresh or frozen unsweetened blueberries, raspberries, and/or strawberries, thawed and drained if frozen

Fresh mint leaves (optional)

Fresh berries (optional)

Directions:

1. In a medium bowl, combine cream cheese and yogurt. Beat with an electric mixer on medium speed until smooth. Fold in the whipped topping, peaches, and the 1 cup berries.

2. Pour into a 2-quart square baking dish. Cover and freeze about 8 hours or until firm.

3. To serve, let stand at room temperature about 45 minutes to thaw slightly. Cut into squares. If desired, garnish with mint leaves and additional berries.

Nutritional information per serving:

Calories: 89; Fat: 2g; Saturated Fat: 2g; Protein: 6g; Carbohydrates: 12g; Fiber: 1g; Sodium: 159mg; Cholesterol: 3mg

Tip: Freeze up to 1 Week



Tis the Season to Be Jolly



**For More Information
contact:
Health Promotion
646-7912**

**Merry Christmas and
Happy New Years**

Shipmates Take Care of Shipmates! "Happy Holidays"